



Tell us what ageing well in Buckinghamshire means to you

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Close date: 4 November 2024

Name: Public Health

Email: phadmin@buckinghamshire.gov.uk

Overview

Year one of the Buckinghamshire Healthy Ageing Strategy (2024-2029) is underway – we want to hear from residents to help set the priorities for year two.

In 2023, we asked residents to help us set the key priorities for year one of the Buckinghamshire Healthy Ageing Strategy (2024-2029). The strategy is our commitment to help residents to live healthy, happy lives for longer. It sets out actions we will take to meet this goal and underpins our Healthy Ageing activities.

Based on the feedback we received, ‘participating in society’ and ‘outdoor spaces and buildings’ are our key priorities for year one.

Looking ahead to year two, we would like to understand what’s most important for people 40 years and over who live, work, and/or study in Buckinghamshire to live well as they grow older.

The aims of this survey are to:

- understand how we are doing on key issues raised by residents in the first survey completed in 2023
- understand how people perceive the age friendliness of their community across all areas now
- identify opportunities for improvement

This will guide the priorities for year two of the Healthy Ageing Strategy and our supporting action plan.

Supporting people to age well

According to the World Health Organisation, 'ageing well' is a broad concept that is concerned with the ability of people of all ages to live a healthy, safe, and socially inclusive lifestyle.

The World Health Organisation has identified eight areas that support people to age well as they grow older. These are:

- **outdoor spaces and buildings**
 - high quality, accessible and social public spaces which are safe and help people to move around independently
 - for example, walkable streets, reduce pavement parking, welcoming warm spaces
- **transportation**
 - accessible, affordable and appropriate travel options
 - for example, age friendly active travel schemes
- **housing**
 - accommodation where people can live safely and comfortably, and which can improve physical and mental health, wellbeing, and social connections
 - for example, age well design codes used in new build properties
- **social participation**
 - reduce and remove barriers to participation to foster engagement with activities and events which build a sense of belonging
 - for example, access to toilets so people feel confident and able to leave their homes to engage in local activities
- **respect and social inclusion**
 - age-friendly initiatives to involve people in later life within the community and help them feel valued
 - for example, reduce negative preconceptions of ageing, facilitate intergenerational interactions, and raise awareness on ageing
- **civic participation and employment**
 - explore why employment in older adults is falling, as well as how volunteering can be supported
 - for example, healthy retirement support
- **communication and information**
 - build positive and accessible communications and campaigns, and challenge negative stereotypes and stigma
 - for example, develop a local, inclusive communications approach
- **community support and health services**

- strengthen the health and wellbeing of communities and support the network of community-based groups
- for example, the healthy libraries framework

We want to hear how these areas contribute to your ability to age well in Buckinghamshire.

We want to hear from people 40 years old and over who live, work and / or study in Buckinghamshire.

Related documents and links

Before you respond to this activity, please have a look at the following documents and links at www.buckinghamshire.gov.uk/ageing-well

- [Health Ageing Strategy 2024-2029](#)
- [We asked, You said, We did – Feedback from our healthy ageing survey in 2023](#)

How to have your say

You can tell us your views in one of the following ways:

- complete the online survey at www.buckinghamshire.gov.uk/ageing-well
- complete, and return, a printed version of the survey below
- email us at phadmin@buckinghamshire.gov.uk
- write to us at Public Health Team, Healthy Ageing, Walton Street Offices, Walton Street, Aylesbury, HP20 1UA

If you have any questions about this activity, please email us at phadmin@buckinghamshire.gov.uk.

Please tell us your views by 11:59pm on Monday 4 November 2024.

What happens next

Your feedback will be used to shape our Healthy Ageing activities for Buckinghamshire. Your views will provide us with information on key areas for further exploration and focus for the next stages of our work.

Privacy

We will use the information you provide here only for this activity. We will store the information securely in line with data protection laws and will not share or publish any personal details. Survey responses will be analysed using

2. How can the outdoor spaces and public buildings in your community be improved?

Transportation

3. How do you usually get around your community? For example, for shopping, visiting the doctor, or running errands.

Please tick (✓) all that apply

- Walk
- Ride a bike
- Drive yourself
- Have others drive you
- Use a taxi
- Use public transport (e.g. bus, train)
- Use on-demand minibus services (e.g. the PickMeUp service in High Wycombe)
- Use transport services (e.g. dial-a-ride, community car scheme)
- Mobility scooter
- I do not get out of the house
- Other (please give details below)

4. If you use a car, what would you need to be able to transform some of your everyday car journeys into active travel journeys more of the time? For example, walking, cycling, mobility scooter, taking public transport.

5. Are you eligible for a Buckinghamshire Older Person bus pass?

You can get a [free bus pass](#) to travel for free when you reach state pension age, which is currently 66 for both women and men. Your bus pass can be used on journeys starting in Buckinghamshire from 9am to 11:59pm, Monday to Friday, and all day at weekends and public holidays. Until 31 March 2025, holders of the Buckinghamshire Older Person Bus Passes will be able to travel before 9am (Monday to Friday) for a reduced single fare of £1 on all journeys starting in Buckinghamshire.

Please tick (✓) one option

- Yes
- No
- Prefer not to say

6. Do you have a Buckinghamshire Older Person bus pass?

Please tick (✓) one option

- Yes (go to question 9)
- No (go to question 7)
- Prefer not to say (go to question 9)

7. Do you intend to get a Buckinghamshire Older Person bus pass?

Please tick (✓) one option

- Yes
- No
- I don't know
- Prefer not to say

8. If you have selected 'No' or 'I don't know', please tell us why:

Housing

10. Thinking about your home/living arrangements, how strongly do you agree or disagree with the following statements:

Please tick (✓) one for each option / statement

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
There are affordable housing options for people as they grow older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My home is, or could easily be, adapted to my needs as I grow older (e.g., no step entrance, wider doorways, grab bars in bathrooms, and first floor bedrooms and bathrooms)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My home is, or could be made, energy efficient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can afford to pay my household bills (e.g., electricity, phone bill, house insurance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I will be able to live independently in my own home as I grow older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. What is most important to you when considering your home/living arrangements now and as you grow older?

Participating in society

12. Thinking about your community, how strongly do you agree or disagree with the following statements:

Please tick (✓) one for each option / statement

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
There are enough social activities that are enjoyable and affordable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough activities that involve both younger and older people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Venues for activities, meeting others, and/or entertainment are conveniently located	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have easy access to the shops, services, and my local community (either in person or online)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Please tell us about any challenges you face to fully participating in your community, and what might help to overcome them.

Respect and social inclusion

14. Thinking about your community, how strongly do you agree or disagree with the following statements:

Please tick (✓) one for each option / statement

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
People treat me with respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel part of my local community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I regularly see positive images of older people in Bucks (publications, newspapers, online, and other marketing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My cultural heritage is celebrated in Buckinghamshire (e.g. through events or culturally appropriate services)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

15. Please tell us one thing that would make your community more inclusive and reduce isolation for people in Buckinghamshire.

For example, services, activities, marketing.

Volunteering and employment

16. Which of the following describe you?

Please tick (✓) all that apply

- I am currently in paid employment (including self-employed)
- I am a volunteer
- I am a carer
- I am retired
- Prefer not to say
- Other (please give details below):

17. Thinking about your community, how strongly do you agree or disagree with the following statements:

Please tick (✓) one for each option / statement

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
There are opportunities for me to volunteer if I wanted to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are opportunities for flexible and fairly paid employment if I wanted it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel/felt well prepared for retirement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. Please tell us about any challenges you face to volunteering, employment, and/or planning for retirement, and what might help to overcome them.

Communication and information

19. Thinking about how you get information in your community, how strongly do you agree or disagree with the following statements:

Please tick (✓) one for each option / statement

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
It is easy to find out about local events, activities, and health information in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find out about what services and entitlements I am eligible for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am confident using technology such as mobile phones, laptops, and/or the internet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have access to reliable, high-speed internet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. How do you find out about services or groups in your community?

Please tick (✓) all that apply

- Word of mouth (e.g., friends, neighbours, relations)
- Social media sites (e.g., Facebook, X (formerly known as Twitter), YouTube, Instagram)
- Library
- Outdoor advertising (e.g., posters in car parks/buses, etc.)
- Local media (e.g., newspapers, TV, radio)
- Printed information (e.g., leaflets, flyers, public notices)
- Emails and e-newsletters
- Council website (<https://www.buckinghamshire.gov.uk>)
- Council noticeboards in council buildings

More options on the next page

25. Overall, to what extent do you feel that the things you do in your life are worthwhile?

0 – not at all	1	2	3	4	5	6	7	8	9	10 – completely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

26. Overall, how happy did you feel yesterday?

0 – not at all	1	2	3	4	5	6	7	8	9	10 – completely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

27. Overall, how anxious did you feel yesterday?

0 – not at all	1	2	3	4	5	6	7	8	9	10 – completely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

28. What three things are most important for your own health and wellbeing now and as you grow older?

For example, a healthy diet, exercise, or socialising.

Age-friendliness of your community

29. Overall, how would you rate your community as a place for people to live as they grow older?

Please tick (✓) one option

- Excellent
- Very good
- Good
- Fair
- Poor
- I don't know

Other comments

30. If you have any other comments about ageing well in Buckinghamshire that you think are important for us to know, please tell us here:

About you

We will use the information you provide here only for the purpose of this activity. We will store the information securely in line with data protection laws and will not share or publish any personal details.

31. Which of the following describe you?

Please tick (✓) all that apply

- I live in Buckinghamshire
- I work in Buckinghamshire
- I study in Buckinghamshire
- I represent or own a business in Buckinghamshire
- I represent a community or voluntary group in Buckinghamshire
- I am an elected representative in Buckinghamshire

More options on the next page

- I represent a Parish / Town Council or Town Committee in Buckinghamshire
- I work for Buckinghamshire Council
- Other (please give details below):

32.How did you find out about this survey?

Please tick (✓) all that apply

- Local media (newspaper, radio, TV, website or newsfeed)
- Social media (Facebook, Twitter/X, Instagram, Nextdoor or LinkedIn)
- Buckinghamshire Council website or Your Voice Bucks website
- Email or newsletter from Buckinghamshire Council
- Buckinghamshire Council staff or other professionals
- Through working at Buckinghamshire Council
- Poster or leaflet
- Friend or family member
- Local community or special interest group
- Councillor, town/parish council or community board
- Other (please give details below):

More about you

We want to hear from as many people as possible to understand the views and needs across Buckinghamshire. The following questions help us see if the communities we serve have had the opportunity to be heard through this activity.

All questions are optional. You can skip any questions you do not wish to answer.

33.What is your postcode?

We want to understand the views of people living in different areas. You don't have to provide your postcode, but it helps us plan and make considered decisions.

34.What is your age?

Why we ask this: We want to understand the experiences and views of people aged 40 years and over.

Please tick (✓) one option

- Under 40
- 40 to 45
- 46 to 50
- 51 to 55
- 56 to 60
- 61 to 65
- 66 to 70
- 71 to 75
- 76 to 80
- 81 to 85
- Over 85
- Prefer not to say

35.Do you consider yourself to have a disability / disabilities, impairment(s) or long term health condition(s)?

Why we ask this: We want to understand the experiences and views of disabled people, people with impairments and people with long term health conditions.

Please tick (✓) all that apply

- Disability / disabilities
- Impairment(s)
- Long term health condition(s)
- No
- Prefer not to say

36. Are you:

Why we ask this: We want to understand the experiences and views of different sexes.

Please tick (✓) one option

- Female
- Male
- Prefer not to say

37. How would you describe your ethnicity?

Why we ask this: We want to understand the experiences and views of different ethnicities.

Please tick (✓) one option

- Asian - British
- Asian - Bangladeshi
- Asian - Chinese
- Asian - Indian
- Asian - Pakistani
- Any other Asian background - Please give details below
- Black - African
- Black - British
- Black - Caribbean
- Any other Black, African or Caribbean background - Please give details below
- Mixed or multiple ethnic groups - White and Asian
- Mixed or multiple ethnic groups - White and Black African
- Mixed or multiple ethnic groups - White and Black British
- Mixed or multiple ethnic groups - White and Black Caribbean
- Mixed or multiple ethnic groups - Mixed or Multiple Ethnic backgrounds British
- Any other Mixed or Multiple ethnic background - Please give details below
- White - English, Welsh, Scottish, Northern Irish or British
- White - Irish

More options on the next page

- White - Gypsy or English traveller
- White - Irish Traveller
- White - European
- Any other White background - Please give details below
- Other ethnic group - Arab
- Other ethnic group - Arab British
- Other ethnic group - Please give details below
- Prefer not to say

Please give other details here:

End of the survey

Thank you for taking the time to complete this survey.

Please return your completed survey by 11:59pm on 4 November 2024. You can:

- email it to phadmin@buckinghamshire.gov.uk
- post it to Public Health Team, Healthy Ageing, Walton Street Offices, Walton Street, Aylesbury, HP20 1UA